

North Tyneside Training plan: Child and young person's mental health

Aim

The aim of this training plan is to focus on developing the knowledge and understanding needed to support all our children and young people (0-25 years) with their emotional health and wellbeing. This training will in turn enhance the effectiveness of the services within which practitioners are employed by;

- Systematically embedding evidence based practice across our workforce.
- Providing practitioners with the confidence to proactively support all our children to build emotional resilience and support their mental health needs.

Context

The training offer is mapped against key modules within the Mental Health Core Skills Education and Training Framework, commissioned by the Department of Health, and developed by Skills for Health, Skills for Care and Health Education England. The modules have been chosen from those aimed specifically at those working with children and young people. These modules will also support the issues specifically raised by staff in our local schools.

- Mental health awareness
- Self-harm and suicide; understanding and prevention
- Supporting children and young people with mental health problems

Audience

Tier 1: Practitioners that require general mental health awareness and have opportunities to build resilience in children and young people.

Relevant to those who interact with children and young people. For example, this may include those working in education, health or social care.

Tier 2: Practitioners with regular contact with children and young people experiencing a mental health problem.

This is particularly relevant to workers who are not mental health specialists, but are likely to have some regular contact with children and young people with mental health issues.



Mental Health Awareness

MSU Heart Art therapy led creative arts project, Woodview, Specialist Learning Disability Division, Care NHS Foundation Trust

Context: One in four adults and one in ten children are likely to have a mental health problem in any given year. This can have a profound impact on their lives, and can affect their ability to sustain relationships, learn or work, or just get through the day.

Audience: Tier 1

The learner should be able to:

- 1) understand what is meant by the terms 'mental well-being', 'mental health' and 'mental ill-health'
- 2) be aware of the prevalence of individuals who may experience mental health problems in the UK
- 3) be aware of the importance of promoting positive mental health
- 4) be aware of the life course approach to promoting good mental health and the benefits of intervening early particularly in childhood and teenage years to prevent mental illness
- 5) be aware of the factors that promote and protect mental health and well-being
- 6) understand the importance of resilience as a key factor in protecting and supporting good mental health
- 7) understand how local mental health and wellbeing services can support individuals
- 8) be aware of the key mental health problems that may require specialist interventions and specific roles professionals may have in this context
- 9) be able to signpost individuals who experience mental health problems, their families and carers for further help, resources or guidance about mental health problems
- 10) be aware of barriers that may exist for different cultural groups accessing services

Mental health awareness (continued)

Audience: Tier 2

Tier 1 learning outcomes plus the following:

The learner should be able to:

- 1) know common types of mental health problems
- 2) be aware of the importance of integrated services to improve outcomes for individuals who may experience a mental health problem
- 3) know that alcohol and substance misuse is common in those experiencing mental health problems (termed 'dual diagnosis') and is often unrecognised
- 4) understand the relationship between individuals with long-term physical health conditions and individuals who experience mental health problems which may result in poorer health outcomes and reduced quality of life
- 5) be aware of a range of mental health issues caused by a trauma experience e.g.
 - rape trauma syndrome
 - post-traumatic stress disorder
 - complex post-traumatic stress disorder
 - dissociative identity disorder
- 6) understand the importance of respecting diversity in practice.



People Helping People Renny H.M Asquith

Self-harm and suicide: understanding and Prevention

Context: It is thought that around 13% of young people may try to hurt themselves on purpose at some point between the ages of 11 and 16, but the actual figure could be much higher. In 2014, data suggested a 70% increase in 10 – 14 year olds attending accident and emergency departments for self harm related reasons over the preceding two years.

Audience: Tier 2

The learner should be able to:

- 1) be able to recognise when someone may be experiencing mental distress, including self-harm
- 2) be able to recognise when someone may be experiencing mental distress, including suicidal thoughts and intentions
- 3) understand suicidal behaviour, its causes and prevalence
- 4) be aware of appropriate interventions in relation to suicide prevention
- 5) be able judge risks and follow appropriate procedures and guidelines healthcare services.



J. Huskinson, NTW Community Art Group, North Tyneside

Supporting children and young people with mental health problems

Context: The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with life challenges and grow into well-rounded, healthy adults. Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Audience: Tier 1

The learner should be able to:

- 1) understand the importance of the emotional wellbeing of children and young people alongside their physical health
- 2) understand the importance of developing resilience in children and young people to support positive mental health in later life
- 3) be aware of the protective factors that can reduce the experience of mental health problems in children and young people e.g.
 - positive self-esteem
 - good coping skills
 - positive peer relationships
 - interest in and success at school
 - healthy engagements with adults outside the home
 - an ability to articulate their feelings
 - parents who are functioning well at home, at work, and in their social relationships
 - parental employment
 - a parent's warm and supportive relationship with his or her children
 - help and support from immediate and extended family members

- 4) be aware of the risk factors that can compound the needs of children and young people with mental health problems e.g.
 - a parent experiencing mental health including emotional or psychological distress
 - a parent who misuses alcohol and substance,
 - a parent with a learning disability
 - a child who may have long term condition or learning disability
- 5) understand what emotional literacy is and the importance of it in maintaining children's well-being
- 6) understand the importance of the life course approach and that early life has an impact on long-term
- 7) outcomes for individuals who may experience a mental health problem

Audience: Tier 2

Tier 1 learning outcomes plus the following

The learner should be able to:

- 1) be aware of certain risk factors that make some children and young people more likely to experience mental health problems than other children and young people
- 2) be aware of the benefits of mindfulness when supporting children and young people who may experience a mental health problem
- 3) understand the importance of support for the child or young person, and the child's parents, in order to facilitate the development of the child or young person and to help them achieve the best possible educational and other outcomes, preparing them effectively for adulthood
- 4) understand legal and organisational requirements which protect children and young people who experience mental health problems including parental rights, responsibility and consent
- 5) understand the issues and the impact that may be experienced by children and young people who experience mental health problems
- 6) be aware that children and young people may experience a mental health problem early in life which may go undiagnosed
- 7) be aware that black and minority ethnic children young people and their families may face barriers to accessing mental health services thus may have an impact on early intervention
- 8) be aware that early access to mental health support is critical to address issues when they first arise to prevent mental health problems becoming chronic and difficult to treat

9) be aware of the importance and challenges of the transition from children to adult mental health services taking into account the young person's whole life including:

- housing
- school
- college
- work
- family
- friends

10) be aware of support available for children and young people who experience mental health problems and their parents/carers

11) be aware of the importance of education provision for children and young people experiencing mental health problems

12) be aware of the importance of play for all aspects of social, cognitive and emotional development.

North Tyneside Training Offer April 2017

The table below outlines the training currently on offer in North Tyneside, which has been identified as the most appropriate to providing the knowledge and understanding needed to meet the objectives in the three modules described above.

For those courses which are hosted on North Tyneside's **Learning Pool**, the learner will be required to set up a (free) Learning Pool account. This can be done by following the link to the home page (see the table below) and following the instructions on the screen (go to 'New user/help to login', then 'Other NTC user/external user').

When setting up a new Learning Pool account, you will be asked for invoice details, which is the name of your school. This will be used if the course incurs a charge, or if there is a non-attendance charge assigned to it (specified below).

Please ensure you provide a valid e-mail address so that you can receive confirmation/cancellations or any changes to the training events. If you need any assistance with logging on, or setting up the account, please e-mail; workforce.development@northtyneside.gov.uk or telephone 0191 643 5063.

Once your account is set up, you can search for the course by putting the course name in the search bar and either selecting the e-learning option, or in the case of face-to-face training, selecting the date you wish to book. Cancellations can be done in the same way and learners are responsible for cancelling their own places via Learning Pool.

Accessing courses provided by the School Improvement and the Educational Psychology Service

The courses provided by School Improvement and the Educational Psychology Service, are available on the Schools Continuing Professional Development (CPD) website <http://ntcpd.org.uk>. For bespoke training, please contact the services directly (see below) to discuss your individual needs.

North Tyneside Training Offer April 2017

Audience	Course title and provider	Outline	Access and booking	Cost
Mental Health Awareness				
Tier 1 & 2	Autistic Spectrum Disorders (e-learning)	This e-learning module helps users to attain a better understanding of the key facts about autism and 'the triad of impairment'. The module also offers guidance on how to interact with people with autism.	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users
Tier 1 & 2	Autism and Education (E-learning)	This module explores Autism within the education environment. Please undertake the module termed Autistic Spectrum Disorders (e-learning) prior to undertaking this module as it provides introductory information.	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users
Tier 1 & 2	Autism Awareness – Asperger’s Syndrome (E-learning)	This module focuses on Asperger's Syndrome. Please undertake the module termed Autistic Spectrum Disorders (e-learning) prior to undertaking this module as it provides introductory information.	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users
Tier 1 & 2	Autism Awareness – Challenging Behaviour (e-learning)	This e-learning module is part of a suite of four on Autism and Asperger's Syndrome. Please undertake the module termed Autistic Spectrum Disorders (e-learning) prior to undertaking this module as it provides introductory information.	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users

<p>Tier 1 & 2</p>	<p>Child / Adolescent Development (face to face)</p> <p>Bespoke to meet the needs of the setting</p> <p>North Tyneside Educational Psychology Service</p>	<p>Workshops for parents / carers or staff in educational settings. Possible themes could include:</p> <ul style="list-style-type: none"> • Psychological models of development across the life span: early years; primary years; secondary years; transitioning to adulthood • Importance of play in the Early Years • The Inseparable link between language and learning • Neuroscience and attachment: how we become who we are • Adolescent brain development: opportunities in the teenage years • Importance of peer relationships: facilitating positive ones • Importance of creativity and self-expression to emotional well-being 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyneside.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies - contact service to discuss</p>
<p>Tier 2</p>	<p>NTSCB Parental Mental Health Issues: impact on parenting (face to face)</p> <p>North Tyneside Safeguarding Children Board (NTSCB)</p>	<ul style="list-style-type: none"> • To raise awareness of the impact of parental mental health issues on parenting and children. • To improve multi agency working with children and their families regarding parental mental health issues. 	<p>Learning Pool https://northtyneside.learningpool.com</p>	<p>Free to Learning Pool users, although a charge will apply to 'no shows' who fail to cancel their place within 2 working days of the event</p>
<p>Tier 2</p>	<p>Parental Mental Health and Families (E-learning)</p> <p>Social Care Institute for Excellence (SCIE) (on Learning Pool)</p>	<ul style="list-style-type: none"> • Module 1: introducing the family model • Module 2: Think child, think parent, think family • Module 3: Working together with parents 	<p>Learning Pool https://northtyneside.learningpool.com</p>	<p>Free to Learning Pool users</p>

Self harm and suicide understanding and prevention				
Tier 1 & 2	Self-Harm (E-learning) North Tyneside Council.	This module will raise your awareness of self harm, help you to develop an understanding of the issues faced by self harmers, and what you can do to help them.	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users
Tier 2	Perspectives on Self Harm in Children and Young People (face to face) CAHMS on behalf of North Tyneside Council	1) To consider what self harm is. 2) To consider our attitudes towards self harm. 3) To consider the causes of self harm. 4) To introduce the North Tyneside Schools self harm guide and resources	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users
Building Resilience and supporting children and young people's mental health				
Tier 1 & 2	Mental health and emotional and wellbeing	Each academic year a half day, cross phase, training session is facilitated, promoting a whole school approach to emotional health and wellbeing. This session provides guidance on policy and practice and is an opportunity to experience practical activities that develop skills related to: <ul style="list-style-type: none"> • Self awareness • Managing feelings • Motivation • Empathy • Social development 	See Schools CPD website http://www.ntcpd.org.uk/courses/teaching-and-learning/health-well-being	Included in schools Service Level Agreement LA Costed SLA Level 1 £75 SLA Level 2 £55 Non-SLA £150 per person

<p>Tier 1 & 2</p>	<p>Mental health and emotional wellbeing: Bespoke training</p>	<p>Bespoke training related to promoting an emotionally healthy school is available on request. Such training focuses on universal rather than specialist provision and can include topics such as developing resilience, making lunchtimes happier and developing social and emotional skills through the curriculum.</p>	<p>Contact Elaine Robson Health and Wellbeing School Improvement Adviser Elaine.robson@northtyne.gov.uk Tel: 0191 6438559</p>	<p>SLA arrangements apply</p>
<p>Tier 1 & 2</p>	<p>Understanding the perspectives on ADHD / ADD in children and young people and the impact on emotional well-being and learning (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<p>This training typical provides an overview of the presenting health issue; information on recognising the signs and symptoms; ways to support the child / young person within the school context.</p>	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p>	<p>Cost applies contact service to discuss</p>

<p>Tier 1 & 2</p>	<p>Supporting Children & Young People who have experienced loss or bereavement (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • Understand children's responses to loss and bereavement • Consider whole school practices that can aid sensitive and appropriate communication at these times. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Therapeutic Story Writing: an approach that can be used with children and young people when addressing emotive issues and challenging behaviour.</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • refresh skills of active listening • learn how to develop conversations which can lead to a deeper understanding of a child's emotional outlook • explores the value of metaphor in helping children understand and articulate their feelings • learn how to externalise emotions through metaphor • learn how to engage children in therapeutic story writing 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Thrive ® Licensed Practitioner Course (face to face)</p> <ul style="list-style-type: none"> • Primary Years • Secondary Years 	<p>What does it take to develop healthy, happy, confident children/young people who are ready and open to learning? Recent advances in neuroscience, attachment theory and child development have provided some of the answers to this question.</p>	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology</p>	<p>Cost applies contact service to discuss</p>

	North Tyneside Educational Psychology Service	The Thrive Approach uses a psychological model of developmental to understand how we develop socially and emotionally from birth through to adulthood. www.thriveapproach.com	Service Manager rachel.hughes@northtyne.gov.uk Tel 0191 643 8739	
Tier 1 & 2	Peer Mediation (face to face) North Tyneside Educational Psychology Service	Mediation helps people to resolve conflicts by finding their own solutions, using impartial third party mediators. Peer mediation involves children and young people who are trained to mediate conflicts between fellow students. This training will provide the evidence base for peer mediation as a restorative approach to managing conflict and help schools to begin and sustain peer mediation in their school.	Educational Psychology Service. Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk Tel 0191 643 8739	Cost applies contact service to discuss
Tier 1 & 2	Friends for Life: Primary Years (face to face) North Tyneside Educational Psychology Service	The FRIENDS programmes, referred to in the DfE (2014) advisory paper, 'Mental Health and emotional behaviour in schools' , helps children and young people cope with feelings of fear, worry, and anxiety by teaching cognitive, behavioural, and emotional skills in a simple, well-structured format. The Primary version for children aged 8 years – 11 years: FRIENDS for Life This is a social skills and resilience building program that is recognised by the World Health Organisation for over 12 years of	Educational Psychology Service. Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk Tel 0191 643 8739	Cost applies contact service to discuss

		comprehensive research and as an effective means to prevent anxiety for children aged 8-11. FRIENDS for Life is proven to reduce anxiety and give participants the tools they need to cope in these stressful and challenging situations. Further to anxiety treatment, Friends for Life also improves a participants social skills, ability to focus, confidence, and the ability to relax and regulate emotions		
Tier 1 & 2	My Friends Youth: Secondary Years (12 to 15 years) (face to face) North Tyneside Educational Psychology Service	My FRIENDS Youth is a group-based development program that gives participants the tools to cope with the new challenges and experiences that come with the 12 to 15 year old age group. The programme helps early-teens deal with stressful situations by normalising the state of anxiety and teaching participants strategies for emotional regulation It also arms them with problem solving strategies and self confidence making it easier for them to face challenges and tasks in all aspects of their lives. The My FRIENDS Youth program is evidence based and has been proven by research to decrease anxiety and depression.	Educational Psychology Service. Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk Tel 0191 643 8739	Cost applies contact service to discuss
Tier 1 & 2	Supporting children to manage worry and anxiety in school (face to face) North Tyneside Educational Psychology Service	<ul style="list-style-type: none"> • Explore how worry and anxiety can affect children and young people. • Consider developmental triggers for worry and anxiety in childhood and adolescence • Normalising 'worry', we all worry sometimes about some things 	Educational Psychology Service. Contact: Rachel Hughes Educational Psychology Service Manager	Cost applies contact service to discuss

		<ul style="list-style-type: none"> • Noticing the difference between worry and anxiety • Observation: noticing patterns, raising pupil's self-awareness • Strategies and approaches for helping children and young people to understand and tame their worries / anxieties thus reducing their negative impact on daily living. 	rachel.hughes@northtyne-side.gov.uk Tel 0191 643 8739	
Tier 1 & 2	Supporting children and parents/carers with separation anxiety (face to face) North Tyneside Educational Psychology Service	<ul style="list-style-type: none"> • Understanding when separation anxiety is normal and when it is not • Easing 'normal' separation anxiety • Symptoms of separation anxiety disorder • Common symptoms: worries and fears • Refusals and sickness • Supporting parents/carers who experience separation anxiety • Helping children with separation anxiety • Helping children feel safe and secure 	Educational Psychology Service. Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne-side.gov.uk Tel 0191 643 8739	Cost applies contact service to discuss
Tier 1 & 2	Introduction to Attachment	<ul style="list-style-type: none"> • Develop an understanding of what is meant by 'attachment'. • Explore the impact of early experiences on the developing brain. • Examine the significance of this for the health and well-being of the child and the formation of further relationships. • Understand the adult's role in supporting young people to build positive attachments 	Learning Pool https://northtyneside.learningpool.com	Free to Learning Pool users

<p>Tier 1 & 2</p>	<p>Attachment Friendly School 1 day</p> <ul style="list-style-type: none"> • Primary • Secondary <p>(face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • Supporting the individual with attachment difficulties through understanding their behavior, in order to meet their needs. • Supporting attachment in the classroom by managing relationships and making it safe to learn. • Developing an Attachment Friendly School by establishing whole school systems, with clear communication, roles and responsibilities. • Maintaining staff well-being by developing reflective practice and ways of keeping strong. • Encouraging healthy separation and independence. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Circle of Friends (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<p>This course trains staff to deliver the Circle of Friends intervention, which encourages the development of a support network for a particular a child / young person within a structured setting.</p> <p>Those in the peer group are encouraged to look at their own behaviour and also to develop an understanding of the focus child's behaviour and difficulties, in order to develop strategies and practical solutions to help the individual.</p> <p>It is not an approach to provide instant friendship, but over the course of meetings and the evaluation of set targets, it is hoped that the focus child will be able to build</p>	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>

		<p>closer and better relationships with other children. Evidence shows that both the focus child and those in the Circle of Friends gain greater self-awareness and heightened empathy towards others.</p>		
Tier 1 & 2	<p>Importance of staff well-being in schools.</p> <p>(face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • Schools need self-aware and emotionally regulated staff in order to develop self-aware and emotionally regulated children & young people. • Explore the links between staff self-efficacy and emotional well-being • Links between staff stress management and challenges in the classroom • Using peer/group supervision to enhance staff resilience and wellbeing. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p>	<p>Cost applies contact service to discuss</p>

<p>Tier 1 & 2</p>	<p>Mindfulness in the classroom</p> <ul style="list-style-type: none"> • One day introduction to mindfulness in the classroom: the benefits for staff and children • 8 week mindfulness course for children in the primary years • 8 week mindfulness programme for young people in the secondary years <p>(face to face) North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • An introduction to the concept of Mindfulness and overview of research • Introduction to Mindfulness exercises that can be used with children and young people in school. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne-side.gov.uk</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Nurturing the growth of resilient children & young people (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • What is resilience? • Risk and protective factors • Sense of self: self worth and self-efficacy • Fixed Vs Growth Mindset • Approaches and interventions to foster resilience in schools. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne-side.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>

<p>Tier 1 & 2</p>	<p>Restorative Approaches to managing relationships in schools (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • To gain knowledge and understanding about restorative approaches as an inclusive approach to behaviour management • To equip school staff to hold restorative conversations, problem-solving circles and more formal restorative conferences • To explore how restorative approaches can be implemented as a whole school approach • Managing bullying 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Developing a Nurture Group (face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • Benefits of Nurture Groups: research evidence base, curriculum and essential components • Who benefits from access to a Nurture Group? Selecting the cohort • Assessment tools for measuring pre and post social and emotional skills: pupils' strengths and difficulties 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyne.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>

<p>Tier 1 & 2</p>	<p>Using creative expression to facilitate emotional development and self-awareness</p> <p>(face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • Neuroscience, forging new connections: making the link between brain chemistry and fun, playful, creative activities • Explore how to use different creative media to help children express their inner world, through experiential learning • Enabling conversations which support children to make sense of their experiences, emotions and aspirations. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyneside.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 1 & 2</p>	<p>Online activity, links with social and emotional wellbeing: fostering resilience in the digital world</p> <p>(face to face)</p> <p>North Tyneside Educational Psychology Service</p>	<ul style="list-style-type: none"> • What we know about young people's online usage • Risks and protective factors • Who is vulnerable? Vulnerability of specific groups: a developmental view • Psychological effects of excessive internet use • Online stress and anxiety: how it impacts on daily living • Links between internet use and mental health problems. 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyneside.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>

<p>Tier 1 & 2</p>	<p>Sleep: understanding your sleep and it's importance to general functioning and emotional well-being</p> <ul style="list-style-type: none"> • Staff training • Project sleep: training for young people, followed by a fortnight sleep journal experiment / activity and final group review 	<ul style="list-style-type: none"> • Sleep requirements across the life span • Difficulties with sleep • Internet usage and sleep • Emotional regulation and sleep • Concentration and sleep • Learning and sleep • Sleep hygiene • Stimulus control: creating the best environment for quality sleep 	<p>Educational Psychology Service.</p> <p>Contact: Rachel Hughes Educational Psychology Service Manager rachel.hughes@northtyneside.gov.uk</p> <p>Tel 0191 643 8739</p>	<p>Cost applies contact service to discuss</p>
<p>Tier 2</p>	<p>Anxiety Management in Children & Young People (face to face) CAHMS on behalf of North Tyneside Council</p>	<p>Perspectives on anxiety in children and young people.</p> <ol style="list-style-type: none"> 1) To recognise the difference between normal worries and problematic anxiety. 2) To have an awareness of the different kinds of anxiety difficulties which can present in children and young people. 3) To apply knowledge in practice when anxiety problems arise. 4) To have awareness of wider local services that are available for children and young people with anxiety. 	<p>Learning Pool https://northtyneside.learningpool.com</p>	<p>Free to Learning Pool users</p>
<p>Tier 2</p>	<p>Managing Low Mood in Children and Young People (face to face) CAHMS on behalf of North Tyneside Council</p>	<p>Perspectives on low mood and depression in children and young people.</p> <ol style="list-style-type: none"> 1) To have an awareness of the difference between low mood and depression. 2) To have an awareness of how low mood may present in children and young people. 	<p>Learning Pool https://northtyneside.learningpool.com</p>	<p>Free to Learning Pool users</p>

		<p>3) To apply knowledge in practice when difficulties in low mood arise.</p> <p>4) To have an awareness of wider local services that are available for children and young people with low mood.</p>		
Tier 1 & 2	<p>Care4me is a training package designed and delivered by young people who have been in the care system.</p> <p><u>Who is it for?</u> All staff that come in contact with looked after children and care leavers</p>	<ul style="list-style-type: none"> • Highlights issues for looked after children and care leavers. • To think how best to offer support whilst treating them the same as other young people. <p>The training last one hour and is activity based, allowing lots of discussion between the delegates and the young people.</p>	<p>To find out more or book some training please telephone Participation and Advocacy on:</p> <p>0191 6438216 or email toni.mcmullan@northtyne.gov.uk</p>	<p>£40 per hour</p> <p>Some of this cost is paid to the young person delivering the training.</p>

Further information and external training sources

Please note – external sources are not commissioned or quality assured by North Tyneside Council and training may incur a cost. Please check the websites for details.

MindEd – online evidence based training <https://www.minded.org.uk/>

A free educational resource on children and young people's mental health for all adults. Useful for professionals and volunteers, who work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

MindEd for Families Online advice and information from trusted sources and will help parents to understand and identify early issues and best support their children.

Young Minds <http://www.youngminds.org.uk/>

Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.

Mental Health First Aid <https://mhfaengland.org/>

An educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue

Be Mindful <https://bemindful.co.uk/>

The charity for everyone's mental health. With prevention at the heart of what they do, they aim to find the sources of mental health problems and the solutions

Mental Health Foundation <https://www.mentalhealth.org.uk/>

The UK's charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems. The website has useful publications and resources.

Mind <http://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/>

Gives information about where children and young people can get support with a mental health problem and provides some resources

Charlie Waller Memorial Trust <http://www.cwmt.org.uk/>

offer talks to young people, teachers and those who work with them to about how to stay mentally well they also provide training and a variety of self help resources